



You don't have to face grief alone...  
*We're here for you.*

# Grieving and Healing Together

A free support group for those going through a difficult loss.

Substance-related loss can be emotionally, physically, and socially difficult for the whole family. Finding compassion and support is an important step in navigating this often misunderstood grief.

Led by a Licensed Therapist and a trained Family Recovery Coach, this group provides opportunities to share your story at your own pace, learn coping strategies, participate in guided discussions and exercises, and access resources for ongoing support.

## You will receive support with:

- Navigating grief after a substance-related loss
- Managing complex emotions like guilt, anger, or shame
- Reducing isolation and finding community
- Handling triggers, anniversaries, and difficult moments
- Honoring your loved one while moving toward healing

**Join us every Wednesday  
4:00 p.m. – 5:00 p.m.**

Attend virtually or in person  
at 58 High Street, Torrington

**Adults only (18+).**

**This program is offered at no cost  
thanks to the support from the  
Union Savings Bank Foundation.**

## For more information, contact:

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